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INDEPENDENT VOICE FOR KANSAS STATE UNIVERSITY

VOL. 119 NO. 38

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Tomorrow:
High: 53 °F
Low: 37 °F



Saturday:
High: 63 °F
Low: 40 °F

03

Powercat Profile:
Equestrian senior
Cat Avonese leading
the way for “kickin’”
team

04

Think Pink:
October is Breast
Cancer Awareness
Month

06

Going Gluten Free:
Whether for medical or
personal reasons, a tough
challenge



Shutdown caused holdups in financial assistance for active-duty students

Jessie Pearson
staff writer

Editor's Note: This article was written before Congress passed a budget bill to end the government shutdown late Wednesday night. Factual information was brought up to date, but quotes were obtained while the shutdown was ongoing.

The government shutdown, which ended last night after

more than two weeks, caused a lot of uncertainty in the lives of Americans. For some active-duty soldiers, this uncertainty extended to whether or not they would be able to afford to continue taking college classes this October.

On Sept. 30, GoArmyEd, the program that processes tuition assistance for soldiers, sent out an email stating that if the government were to shut down, all soldier accounts in GoArmyEd would be placed on hold and

they would not be able to process any new tuition assistance requests as of Oct. 1. For active-duty military students, that meant their tuition assistance was suspended until further notice for classes that started on or after Oct. 1.

“Of the students with whom I have spoken, they were disappointed that their tuition assistance had been suspended and concerned as to how this could impact their educational plans,” Suzanne Lueker, director of the

office of non-traditional and veteran student services, said.

Many of the active-duty military students who are taking classes through K-State are currently stationed at Fort Leavenworth in Leavenworth, Kan. 20 military students enrolled in classes occurring during the October session have already had their tuition assistance canceled, and 14 additional students would not have received their assistance had the House not passed a budget bill to end the

shutdown last night.

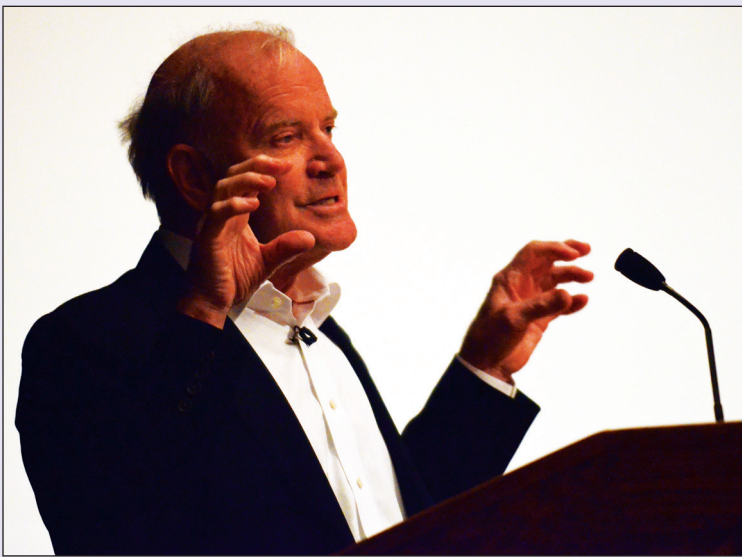
Jim Badders, assistant director of the division of financial services, said these students are typically young military officers who are graduate students enrolled in one or two classes. Lueker said many of the shutdown-affiliated military students at K-State are balancing school with family and work commitments.

Cheryl Polson, K-State Fort Leavenworth graduate program and outreach director, said many

active-duty military students have experienced numerous deployments during their education, some up to six.

“Not unexpectedly, many are exhausted and want to spend quality time with their families,” Polson said. “When this is coupled with the unexpected financial burden caused by tuition-assistance suspension, some students may forgo their goals of

TUITION | pg. 5



Nobel Prize winner shares scientific impact

Parker Robb | Collegian

Nobel Prize-winning biochemist Kary Mullis describes the accidental discovery that would eventually win him the award. Mullis was driving down the highway very late one night when he had an epiphany for a way to generate a thousand to a million copies of a DNA strand all at once.



Parker Robb | Collegian

K-State students, faculty, and members of the Manhattan community fill Forum Hall in the K-State Student Union to hear Nobel Prize-winning biochemist Kary Mullis speak on his discovery of the Polymerase Chain Reaction. The discovery of PCR ushered in an explosion in the study of DNA.

Ryan Manning
contributing writer

Kary B. Mullis, Nobel Prize winner and biochemist, drew a large crowd to Forum Hall yesterday afternoon for his lecture for the 20th anniversary of his revolutionary breakthrough in the study of genetics and how he discovered the process that would change nearly every area of biology, chemistry and biochemistry forever.

In the lecture, Mullis went into detail about his personal history as a scientist, what he struggled with while working as a professional and how his discovery on the polymerase chain reaction, or PCR, came to life as a young biochemist. Mullis said that his entire breakthrough was almost by accident.

“I invented PCR because I was trying to solve the problem to something totally trivial and different,” Mullis said. “I found PCR because I wasn’t even looking for it.”

During his research on prenatal women with high risk of sickle-cell anemia, he wanted to develop a test method that would give women a quick and accurate result on their children’s diagnosis. This would have replaced ones that, at the time, took over two months of time and was rather inaccurate.

“If you’re working on something that’s never been done before then there is a part of your brain that tells you not to stick your head up and to stay down,” Mullis said.

He stated that he was in shock at the unknown and incredible

potential of his discovery despite, what he described at the time, as rather harsh criticism by his professional peers to his initial findings.

Mullis continued in saying that despite his opposition, he continued to market his invention. Within a few short years, he saw his work with rapid genetic multiplication begin to revolutionize modern genetic research.

“It has completely changed the biochemical world,” Phillip Klebba, head of biochemistry and molecular biophysics at K-State, said. “Everything we do in laboratories now is based off of PCR, and his discoveries have changed the world in a very simple way. It was one of the most important Nobel Prizes awarded in the last 50 years.”

His discovery opened the door

to almost every modern advancement in working with genetics. Mullis’s findings led to incredible advancements in DNA studies, forensic science, cloning, medical diagnosis, lab work, research and much more.

“As a student in biochemistry it was really impactful,” said Lorne Jordan, a graduate student in biochemistry and president of the Biochemistry and Molecular Biophysics Graduate Student Association. “His work has forever changed our field and how we work with genetics, and it will continue to impact us in the future.”

Editor's Note: This article was completed as an assignment for a class in the A.Q. Miller School of Journalism and Mass Communications.

It’s over: Government shutdown ends

Mike Stanton
managing editor

After 16 days of partial shutdown, the federal government has reopened after the Senate overwhelmingly approved a budget bill. According to Fox News, the short-term bill will fund the government and raise the debt ceiling, just in time to avoid the first debt default in American history.

If a deal wasn’t passed by today, according to CNN, the Treasury Department would have exhausted accounting maneuvers to keep the nation under the legal borrowing limit. Were this to happen, the Treasury would have been forced to pay the nation’s debts using an estimated \$30 billion in cash reserves. Economists estimated that these reserves would have lasted no later than early November, at which point economic fallout from the United States’ inability to pay debts would have begun.

The vote came after House Republicans, who hold the majority, said they were ready to back down on their demands that a budget bill include measures to reign in the Affordable Care Act.

Speaker of the House John Boehner affirmed that the

SHUTDOWN | pg. 5

Local, state crime briefs

Jon Parton
staff writer

An Ogden man wanted on two warrants was arrested Monday. Steven Meredith, 27, had a warrant out of Riley County to revoke probation, stemming from an original charge of arson from an incident in April of this year. Meredith was also wanted for fleeing or attempting to elude an officer in a separate incident from August, according to Riley County police. Meredith was placed in custody at the Riley County jail on a \$21,000 bond.

Riley County police arrested a Manhattan woman Tuesday afternoon after stopping her for a traffic infraction. Melody Werth, 26, was arrested in the 400 block of Juliette for allegedly driving while under the influence and driving with a suspended or revoked license. She was released on a \$5,000 bond. Werth was booked earlier this month for allegedly driving with a suspended or revoked license, but was released on bond.

Police are investigating an attempted abduction of a 9-year-old girl in Wichita Wednesday morning. Wichita Police said the girl was walking alone to school when she was approached by a man in a car. The man allegedly yelled at the girl and told her to get in. When she refused to do so, he reportedly pulled out a gun and threatened to shoot the girl. She then ran to the school and reported the incident, according to police. The suspect is reported to be a black male in his 40s with balding hair, driving a white car with a black stripe on the passenger side. There were no other witnesses to the incident, but police officials said they are treating it as legitimate.

Area schools offer military students, families help in hardships

Shelton Burch
staff writer

In the last decade, nearly 2 million American military children have been affected by the death, severe injury or deployment of a parent, according to a CNN article published on May 27 by Georgiann Caruso.

This has led to a call by the American Academy of Pediatrics for psychologists and doctors to begin addressing the mental health of children from military families.

Manhattan area schools have responded by setting up a number of programs and resources for children from military families.

Jesi Courser, department head of Social Work for Manhattan-Ogden USD 383, said all of the schools in

USD 383 have programs to help military children.

Courser said some schools, such as Marlatt Elementary School, do groups specifically for military students. In the case of Marlatt Elementary children are grouped based on grade. Marlatt’s program takes place over the lunch hour, allowing military children to eat together and build a community within the school.

“We make it as informal or formal as the kids want it to be,” Courser said. “Sometimes the kids just want it to be like a place where they can just relax with other military kids, and sometimes the kids want to talk about their parents being deployed and what that’s like.”

Courser said the program at Marlatt Elementary is very much led by

the children. They never talk about the death and dying aspects of it to avoid frightening the children. Courser said she and the social work intern are the only two faculty members who directly participate in this program.

At all USD 383 schools, parents have the option to fill out a form that informs faculty that a student comes from a military family. They also are able to say whether the parent is deployed or not, so teachers can cater to a student’s specific needs, which often vary from student to student.

“Some kids are not affected because that’s the lifestyle they know,” Courser said. “They don’t know anything different than having a dad gone all the time. They were raised in that and it’s not any different. It’s just how it is. So it may not be a big deal.”

Sarah Olson, head social worker at Theodore Roosevelt Middle School, said every school in USD 383 has a social worker on staff who fulfills a number of roles, including initial counseling in the event something happens to a family member of a student.

Often, students and families are referred to outside mental health services who are more capable of long term and intensive assistance.

Olson said the school plays a role in getting a student through big events, such as the deployment or death of a family member, or even just big changes in a student’s home life.

“School can be that consistent

MILITARY | pg. 5

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14 Sad fate

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16 Coll. transcript stat

17 Hostels

18 Anatomical sacs

20 Coral structure

22 Biblical

26 Huge nail

29 Vast expanse

30 Sapporo sash

31 Compassion

32 Pistol

33 Use scissors

34 Had a meal

35 Candy with iconic dispensers

36 Light bulb measures

37 Pertaining to buildings

40 As well

41 Suitable for consumption

45 Ashtray item

47 Energy

49 Hebrew month

50 Addict

51 Historic period

52 "Peter Pan" pooch

53 Arp's art

54 Knock

DOWN

1 Simple rhyme scheme

2 Mentor

3 Mideast ruler

4 1972 Fischer foe

5 Bet

6 Cleo's killer

7 Whet

8 Farewell

9 Discuss something

10 Calendar abbr.

11 Type squares

19 High card

21 Greek vowel

23 Japanese auto-maker

24 Slightly

25 Places for gloss

26 Hot tubs

27 Actor Brad

28 Repeated

32 Reconcile oneself to

33 Important

35 Macs' alternatives

36 Bankroll

38 Extreme

39 Change the chart

42 Mediocre

43 Moth named for the moon

44 Verve

45 Future flower

46 "Suits" airt

48 Savings plan acronym

Solution time: 25 mins.

JAM

FOB

PALA

BARES

DEPOT

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WAGONS

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Yesterday's answer 10-17

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10-17

CRYPTOQUIP

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ATSDLBVQTSQF BTSGEVQ XJGI

OJG TAASCTBJGO SCTBJGO.

Yesterday's Cryptoquip: COMPUTER THAT APPLE IS MAKING THAT WILL DELIGHT FANS OF A CERTAIN ROCK GROUP: FLEETWOOD IMAC.

Today's Cryptoquip Clue: Q equals L

THE BLOTTER

ARREST REPORTS

Tuesday, Oct. 15

Martin Alonso Gutierrez, of Los Angeles, was booked for unlawful possession of hallucinogens. Bond was set at \$750.

Joshua Luis Herrera, of Junction City, was booked for driving with a canceled, suspended or revoked license. Bond was set at \$750.

Melody Kye Werth, of the 1000 block of Thurston Street, was booked for driving under the influence and driving with

a canceled, suspended or revoked license. Bond was set at \$5,000.

Andre Levar Murphy, of Ogden, was booked for probation violation. No bond was listed.

Wednesday, Oct. 16

Jesse Colin Bojorquez, of the 3000 block of Tamarak Drive, was booked for driving under the influence. Bond was set at \$750.

the FOURUM

785-260-0207

The Fourum is a quirky view of campus life in voices from the K-State community. Positive and humorous comments are selected for publication by the Collegian marketing staff.

Like and vote for your favorite posts at thefourum.net!

If it's cold out, don't wear leggings. Then you'll just feel bad AND look bad.

I am studying for a massive, messy management midterm. Wishing the teacher would have taught the terms and text he planned to test!

To the people who walk around in shorts when it's super cold outside: I don't think you're tough, I think you're an idiot.

Does it make me a meathead if I justify not wearing a jacket with the fact that post workout metabolic heat generation will suffice to keep me warm?

Editor's note: To submit your Fourum contribution, call or text 785-260-0207 or email thefourum@kstatecollegian.com. Your e-mail address or phone number is logged but not published.

For the Win | By Parker Wilhelm

UGGH... THIS CUT IN MY MOUTH IS GETTING ANNOYING FAST.

I WONDER HOW LONG IT WILL TAKE TO HEAL OH GAWD, THESE ARE SALT AND VINEGAR CHIPS

SALT... VINEGAR... CUT... IT'S LIKE A MASSACRE IN MY MOUTH AND EVERYONE IS INVITED.

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LETTERS TO THE EDITOR

The Collegian welcomes your letters. We reserve the right to edit submitted letters for clarity, accuracy, space and relevance. A letter intended for publication should be no longer than 350 words and must refer to an article that appeared in the Collegian within the last 10 issues. It must include the author's first and last name, year in school and major. If you are a graduate of K-State, the letter should include your year(s) of graduation and must include the city and state where you live. For a letter to be considered, it must include a phone number where you can be contacted. The number will not be published. Letters can be sent to letters@kstatecollegian.com

Letters may be rejected if they contain abusive content, lack timeliness, contain vulgarity, profanity or falsehood, promote personal and commercial announcements, repeat comments of letters printed in other issues or contain attachments.

The Collegian does not publish open letters, third-party letters or letters that have been sent to other publications or people.

CORRECTIONS

There was an error in the Oct. 15 issue. The page 10 story on Janet Yellen incorrectly stated that Yellen will be elected to the Federal Chair position. Yellen's position will actually be confirmed or rejected by the U.S. Senate. The Collegian regrets the error.

If you see something that should be corrected or clarified, call managing editor Mike Stanton at 785-532-6556 or email news@kstatecollegian.com.

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KenKen | Medium

Use numbers 1-4 in each row and column without repeating. The numbers in each outlined area must combine to produce the target number in each area using the mathematical operation indicated.

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K-State men’s, women’s basketball host media day

Adam Suderman
staff writer

Thanks to an earlier practice schedule, Media Day offered K-State basketball coaches Bruce Weber and Deb Patterson a better assessment of their respective teams.

Both teams have completed around two weeks of practices and spent Wednesday afternoon talking with local media about their upcoming seasons.

The tale of the unknowns circled K-State men’s basketball over the summer. Having to replace three-year starter Rodney McGruder was a known departure, but after point guard Angel Rodriguez transferred to Miami, the uncertainty grew even higher.

Having been a complimentary piece alongside McGruder, guard Shane Southwell will carry a much larger role this season. Southwell and fellow four-year senior guard Will Spradling will be vital assets.

“We have practiced going



K-State freshmen guards **Marcus Foster** and **Wesley Iwundu**, and junior forward **Thomas Gipson** speak with the media in the K-State Basketball Training Facility Wednesday afternoon. Players from both the men’s and women’s teams were available to talk about the upcoming basketball season.

MEDIA | pg. 5

Spencer Low
staff writer

Trying new things is always difficult, but senior Cat Avolese of the K-State Equestrian team makes it look pretty easy sometimes.

Avolese hails from St. James, N.Y., so she took a chance going to college so far from home, but she felt like K-State was the right place to call home for the next four years.

“I chose K-State because when I came here, I really loved the atmosphere,” Avolese said. “It’s a huge sports school and I felt very welcome here, and was excited to join the team.”

Avolese was able to ride right away as a freshman, and while a 4-10 record may not seem that great, she was able to finish her season strong with wins against conference foes Oklahoma State and Texas A&M and was picked to ride in the Varsity Equestrian National Championships.

A year later, as a sophomore, Avolese notched a 9-8 record, including two wins in the National Collegiate Equestrian Association National Championships. As a junior

POWERCAT

PROFILE

CAT AVOLESE

last season, she went 5-6-1, and was looked to before this season began as a key to the Wildcats’ success this season.

So far, she has delivered on those expectations, notching four wins already and being named Rider of the Month for September by the NCEA in Equitation on the Flat along the way. What makes her award more impressive is that this season is the first one that Avolese has competed in that event.

“I’ve never done the Flat before, so it’s great that Coach [Casie Maxwell] had the confidence in me,” Avolese said.

“Coach has called on me to go help the team win, and my goal is to help the team push for every win.”

With a 4-1 record so far this season, Avolese is the leader of a Hunter Seat squad that has been finding success in droves this season, especially lately. After an 8-2 loss at the hands of South Carolina in the season opener, the Hunter Seat squad has ridden with vengeance in their last few meets.

They took a 6-2 win over Delaware State as part of a 13-3 win for the team, and later that day, K-State beat a

joint Miami (Ohio) and Ohio State squad 9-6 in Hunter Seat. Avolese had a huge hand in both victories, winning a point on the Flat against both Delaware State and the combined team from Ohio. Along with her point against the Miami (Ohio) and Ohio State team, she was named Most Outstanding Player.

Against Oklahoma State a week later, she scored another point on the Flat, rolling all over her opponent with an 82-0 score. Two weeks ends ago, she scored another point against Texas A&M for her fourth win on the young season.

In five meets, Avolese has scored four points, been named Most Outstanding Player, and Rider of the Month, all in an event she started competing in a month ago. Those wins have helped fuel her squad and the entire team.

“The Hunt Seat squad is kickin’ right now,” said Avolese of the team’s performance this season. “We have a great group of seniors and great freshmen, and the two are joining to become one great team.”

So far in 2013, the team

has received contribution from riders of all grades, but the team is led by its core of seniors. Despite the fact that she is riding in a new event, Avolese has been a leader for the team as they fight to keep their top-five ranking.

“Every year I’m finding my voice more,” Avolese said. “We’ve been kickin’ it since the beginning of the season as a Hunt Seat squad, and it’s a huge confidence boost to see all these wins. I’m excited and pumped to keep pushing the squad forward.”

In order to keep their great season rolling, K-State must go through conference foes Baylor and TCU this weekend, and the season does not let up from there. But with Avolese at the lead, the Wildcats expect great things this season, and rightfully so.

Coming from New York, Avolese chose to come to the Manhattan that was not near home. Once here, she has been called upon to compete in a new event and done so in stellar fashion. Few people can say that they have mastered new things so quickly, but Avolese has done so and made it look easy in her final season as a Wildcat.

This Week in K-State Sports

Saturday	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
FB: vs. Baylor VB: @ OU, 6:30 Wgolf: Diane Thomason, Iowa City	Wgolf: Diane Thomason, Iowa City, Iowa			Basketball Media Days	Women’s Tennis: USTA/ITA Central Region Champs	Women’s Tennis: USTA/ITA Central Region Champs EQ: @ Baylor	VB: vs. Baylor XC: @ Pre-National, Terre Haute, Ind. EQ: @ TCU

K-State women's tennis travels to USTA/ITA Central Regional Championship

Kiersten Schorgl
staff writer

The K-State women’s tennis team begins their competition today in the 2013 USTA/ITA Central Regional Championships. The Wildcats have been preparing for the tournament, held at the Headington Family Tennis Center in Norman, Okla., over the course of a two-week hiatus.

Their last tournament, the Hoosier Classic, was a successful weekend for the team as they totaled eight singles victories. The team took advantage of the two weeks off from competition to work on any lingering errors from the Hoosier Classic.

K-State will be competing in the qualifying round in singles on Thursday, and the main draw round of singles on Friday.

Representing K-State today are freshmen Iva Bago, Livia Cirnu, Riley Nizzi and Maria Panaite. Tomorrow, senior Petra Niedermayerova, junior Amina St. Hill, and freshman Palma Juhasz will play.

The doubles draw will also begin tomorrow. There will be three doubles teams representing K-State.

With still no concrete doubles pairs for the season, Coach Bietau has chosen that the doubles pairs will consist of Niedermayerova and Juhasz, Cirnu and Nizzi, and Bago and Panaite for the weekend.

K-State ended as runner-up at the championship last season, as the doubles pairing of Niedermayerova and former Wildcat Ivana Kubickova took home second place.

The team looks to duplicate that doubles success on the singles side this season with Niedermayerova, a 2012 ITA All-American who holds the school record for career wins. Niedermayerova is 82-34 in her career with the Wildcats.



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Survey Drops:
Monday, October 21
kstatecollegian.com

Winners announced:
Wednesday, November 20

Categories
Best Burger
Best Mexican Food
Best Bar

Best Salon
Best Antique/Thrift Store
Best Source of Entertainment
Best Clothing Boutique

In October, we wear pink

Courtney Burke
contributing writer

The ladies of “Mean Girls” may wear only pink on Wednesdays, but the entire month of October is focused on how to think pink. While many are aware of breast cancer as a disease, the need for education on prevention, detection and treatment is still very strong.

“As someone that has not been personally affected by breast cancer, I don’t feel like I’m as worried about it,” Abby Atchison, junior in accounting, said. “If you haven’t had the disease in your family then you don’t really worry, because you don’t know as much about it.”

According to an article by the Mayo Clinic in Rochester, Minn. from Dec. 12, 2012, prevention starts with healthy lifestyle choices. Staying physically active, controlling weight, avoiding smoking, maintaining a healthy diet and breast feeding are all steps that can help lower the risk of breast cancer.

Unfortunately, there are no surefire ways to avoid the disease. Early stages of breast cancer come without warning signs or red flags. This is why early detection is so important. Regular checkups, mammograms and biopsies are most commonly used at checkups.

Shari Breckenridge, Shawnee resident and five-year cancer survivor, said she knows the importance of these exams.

“At 42 years old, I was diagnosed on Jan. 17, 2007,” Breckenridge said in an email interview. “It was a routine mammogram/ultrasound that detected it. So, I’m a strong believer in all women getting their first one at or before the age of 40.”

Mammograms, an X-ray of the breast, are urged to be a part of yearly routine checkups for women. According to an article from cancer.org on Sept. 11, mammograms are used to look for abnormal changes in breast tissue. While they are recommended for women over the age of 40, all women should be aware of any changes in their bodies.

“Breast cancer does not discriminate, and young women are diagnosed every day,” Karen Hancock, Overland Park, Kan.

resident and eight-year cancer survivor, said in an email interview. “I received the phone call on Feb. 4, 2005, that I did in fact have breast cancer after a series of mammograms, ultrasounds and finally a biopsy.”

Breast cancer does not discriminate between men and women either, though research has shown that breast cancer is more commonly developed in women. According to information provided by the Susan G. Komen Foundation, an estimated 2,240 men will suffer from invasive breast cancer in 2013. Treatment for men and women is the same, and normally consists of a combination of surgery, radiation, chemotherapy and hormone therapy.

Early detection dramatically improves the chances of beating breast cancer, but Hancock, who currently works at the front desk of the Midwest Cancer Care Center, said she knows how lucky she and her family were in the end.

“Every day I watch families go through what my family had to go through,” Hancock said. “But not all families get the outcome my family was fortunate to get.”

From 1940 through the 1980s, breast cancer rates rose steadily at a rate of 1 percent each year, according to the Susan G. Komen Foundation. This year alone, nearly 40,000 women will die from breast cancer.

Aidan Schaible, sophomore in marketing, said he knows this all too well. Schaible’s mother, Una Schaible, bravely fought breast cancer for five years, but died in October 2007.

“Spend as much time together as a family as you can,” Schaible said. “You never really know which way it could go, and they need all the support they can get. Nothing can replace a parent, and it never gets much easier.”

Editor’s Note: This article was completed as an assignment for a class in the A.Q. Miller School of Journalism and Mass Communications.



LETTER TO EDITOR

EPA is essentially essential

Before you were born, before many of us were born, back in the infamous summer of 1969, there was a little fire on the Cuyahoga River in Ohio. I mean the river was literally on fire, and it wasn’t the first time either. The effluent from industrial pollution had covered debris in the river with oil, and it went o’flame. This event is said to be the catalyst that led to Congress passing the Clean Water Act, and establishing the Environmental Protection Agency to enforce it. Their mission: “to protect human health and the environment.” They are here for us.

Water may be the most precious of all our resources. We need the waterways for navigation, to grow our crops, to drink fresh water and to have a good time. Let’s go fishing! Only, we’d have a very difficult time doing any of those things if we didn’t have regulations. Did you know that only 0.8 percent of freshwater is accessible to us? That’s less than 0.007 percent of the water on Earth according to a UNESCO World Science Report in 1996.

What we think about the EPA should have nothing to do with what is “left” or “right.” Instead we should think about it as what it is. A protection agency that will protect our precious resources for us and for posterity, i.e., your children and their children.

Jane Fencil is a graduate student in biology. Please send comments to opinion@kstatecollegian.com.

Growing e-cig popularity has pros, cons as smoking alternative



E-cigarettes are noticeably longer than traditional cigarettes.

Sid Arguello
staff writer

Electronic cigarettes, or e-cigarettes, are becoming an increasingly popular mechanism for smokers to kick the unhealthy habit of tobacco in favor of electronically created vapor.

Data released by the Centers for Disease Control and Prevention on Sept. 5 stated that the use of e-cigarette smokers more than doubled among young smokers between 2010 and 2011. From 2010 to 2011, the percentage of people who tried e-cigarettes jumped from 3 percent to 6 percent, roughly, according to CDC information released Feb. 28.

E-cigarettes have been known to help smokers who are trying to quit regular cigarettes. Kevin Terrill, junior in sociology, said he has found the benefits of using e-cigarettes as an alternative to regular cigarettes. He said he began using regular cigarettes about

a year and a half ago, not long into his freshman spring semester.

“E-cigarettes are much cheaper and healthier, from what I understand,” Terrill said.

Terrill described the difference in e-cigarettes to the regular cigarettes as having a cleaner and healthier feeling. Terrill originally switched to e-cigarettes as a process in trying to quit altogether.

“I probably will never go back to regular cigarettes,” Terrill said. “That’s why I switched to e-cigarettes. To try and quit all together and stay healthy.”

Terrill has also taken up daily exercise to help with the process of quitting.

But contrary to popular belief, little is known about the benefits of e-cigarettes.

According to an article by Laura McMullen in U.S. News and World Report from Sept. 5, companies who do sales, distribution and marketing work for e-cigarettes have unregulated rules on what they do. It

is certain that the e-cigarettes have fewer toxins than regular cigarettes, but it is not known what actual toxins are used in the making of the e-cigarette.

The lack of regulations in what chemicals e-cigarette

Jarrett Brookhouser, junior in industrial engineering, has only tried an electronic cigarette once, but said he agrees with its conventional use.

“It is way better for the people who don’t choose

“It doesn’t affect other people, and it allows smokers to take their smoke breaks wherever they would like, bothering less people.”

Jarrett Brookhouser
junior in industrial engineering

manufacturers can use make it impossible for customers to know what they are actually inhaling. However, the convenience of the vapor produced by e-cigarettes makes it easier for people to use in many different places, including indoors, where conventional cigarettes are illegal to smoke.

to smoke in front of others,” Brookhouser said. “It doesn’t affect other people, and it allows smokers to take their smoke breaks wherever they would like, bothering less people.”

Many are still concerned about the unregulated rules of e-cigarettes and the power

distributors have, making it easier to target younger audiences.

According to McMullen’s U.S. News and World Report article, there has been a return of marketing tobacco products on television and using actors and actresses to promote the e-cigarette. Most states do not have formal rules or limits in selling e-cigarettes or its products to minors. The Food and Drug Administration has also yet to approve e-cigarettes as a formal alternative method to help people quit smoking.

Luke Porter, sophomore in architectural engineering, said he has also tried e-cigarettes as an alternative to the conventional cigarette.

“I think they are a good idea and create a health[er] alternative,” Porter said. “But they do not have the same taste as a usual cigarette.”

Porter said he understands that someone who has been smoking conventional cigarettes can find it hard to switch to the e-cigarette. As someone

who’s tried switching, he said he knows how hard the transition can be.

“It satisfies a different taste,” Porter said.

An international survey released in February 2013 found that 80 percent of people who have used the e-cigarette have done so because they believe it to be less harmful than conventional cigarettes.

Tim McAfee, director of the CDC’s Office of Smoking and Health, said in McMullen’s U.S. News and World Report article that he thinks one of the most important things to consider is the dual-usage of e-cigarettes and conventional cigarettes in adults. He said he believes that there are no real benefits of switching back and forth from conventional to electronic cigarette.

“I think this is a very important thing to consider for us to realize over the next two to five years, because we’re uncertain of how e-cigarettes are going to play out among adults,” McAfee said.

TUITION | Active-military students won't be refunded

Continued from page 1

completing their degree.” Polson said some active-duty military students opted to delay taking further courses until tuition assistance is restored, some are paying the entire cost out of pocket, and others are electing to use their Montgomery GI Bill or Post-9/11 GI Bill benefits to cover their tuition expenses. Universities have responded to the suspension of tuition assistance in many different ways. Some dropped all students who were no longer receiving tuition assistance, while others allowed students to withdraw from classes without penalties. A few universities, such as Northeastern University, Ashford University and Southern New Hampshire University, chose to cover the costs of tuition for shutdown-afflicted students until the government reopens. K-State has responded to the suspension of tuition assistance by deferring the tuition payment of active-duty military students until Nov. 15. Larry Moeder, assistant vice president for student financial assistance, said the financial aid office and the cashier's office made this decision because it would be easier on both the university and the students. “Non-traditional and veteran student services encourages active-duty students who have been impacted by the suspension of tuition assistance to contact our office to learn of other

scholarships and funding opportunities that may be immediately available to assist them during this time of financial strain,” Lucker said. Polson said there are numerous other ways that active-duty soldiers have been impacted by the government shutdown. This includes the discontinuation of many testing services normally available to students in Army Education Centers and the closing of important educational tools, such as counseling tools provided on U.S. Department of Education websites. At Fort Leavenworth, the Education Center director, Tom Kelly, and Polson are working closely together to make sure they are aware of the latest information so that active-duty military students are aware of their options. The notice sent by GoArmyEd said that after the government budget is resolved, soldiers will once again be able to request tuition assistance, but not for classes with a start date during the suspension period. Polson said once the Congressional budget is approved, the lag time between the budget approval and the reinstatement of tuition assistance is expected to be minimal. “We all hope that Congress will do their job and resolve this issue immediately,” Badders said. “All Americans have suffered because of the political gridlock and inability to compromise.”

SHUTDOWN | Boehner: Obamacare debate not over

Continued from page 1

House would take up the bill, and that he expected the shutdown to end by today. He told a Cincinnati radio station that Republicans had “fought the good fight, [they] just didn’t win.” President Barack Obama signed the bill into law late Wednesday night. He said that both branches of Congress need to work together better, and that he will speak in the coming days on avoiding the political brinkmanship that characterized the shutdown. CNN reported that the Senate bill included a measure to extend current federal spending levels until Jan. 15, and one to raise the debt limit until Feb. 7. The bill also sets up budget negotiations between the two branches aimed at devising a broader spending plan for the remainder of the fiscal year, which ends on Sept. 30, 2014. Another measure provides back pay for hundreds

of thousands of federal workers who were furloughed during the shutdown. Senate Majority Leader Harry Reid called the compromise worked out between himself and his Republican counterpart Mitch McConnell “historic,” and was quoted by CNN as saying that “in the end, political adversaries work out their differences.” However, the debate over the Affordable Care Act, which was the major point of contention between the parties throughout the shutdown, isn’t expected to fade away. CNN said that Boehner and other Republican leaders had told their caucus they’d vote for the bill, and fight another day. “Blocking the bipartisan agreement reached [Wednesday] by the members of the Senate will not be a tactic for us,” Boehner said in a statement. “Our drive to stop the train wreck that is the president’s health care law will continue.”

MEDIA | Women look to build on NIT finish

Continued from page 3

through Shane a lot, just different things,” Weber said. “He is a great passer. You look at his assist-to-turn-over last year and it was just spectacular. We can use him in so many different ways; I think that is one of his strengths.” For Spradling, he’ll start the season at point guard and guide the Wildcat offense. The senior guard said he’ll be exposed to a few challenges. “Just taking care of the ball,” Spradling said of the position. “The biggest problem my sophomore year was that I was turning it over too much at the point guard position. Last year, I did a great job of taking care of the ball and this year I have to do the same thing.” K-State was picked fifth in the pre-season Big 12 polls, and it’s a spot Weber and company should be familiar with. They were also picked middle-of-the-pack last season. “You put your own pressure on,” Weber said. “I am not sure what fans expected last year. I think we went by any expectations that were out there and had great success and got into the top 10 at part of the year and won the Big 12. We are a new team; it should be

a fun team.” The mental and emotional components of K-State women’s basketball were tested last season. Five season-ending injuries hit the program, forcing Deb Patterson to use only seven players for the final 19 games of the regular season. Despite only using seven players, the Wildcats still put together a postseason run by accumulating a 4-1 record while competing in the WNIT. Patterson said it has been an important step for the team to look back on as they prepare for the upcoming season. “The main momentum from the great postseason run by last year’s team was the example it serves for the young players coming in about the standard of excellence, fight, resiliency, toughness and potential there is to continue to succeed everyday,” Patterson said. “I think that was a great message for our team coming in that is so young.” Including redshirts, the Wildcats will welcome seven new players this season. The most noticeable difference comes in the paint as Patterson and staff welcome three freshman that stand 6-foot-3-inch or taller. “We’re still trying to figure out exactly what style of play we’ll bring to

the floor,” Patterson said. “But you can be sure we’re going to get a lot more post touches, a lot of high-low action, and try to isolate our posts a significant amount. Obviously, we didn’t do that a year ago.” One of the freshmen who will get an opportunity to play is 5-foot-8-inch guard Leticia Romero of Las Palmas, Spain. Romero did not arrive on campus until late August, but has already shown her vast skill set. “She has a great basketball IQ and a good feel and flow for the game itself,” Patterson said. “But she’s learning the American game. She’s learning the language and she’s learning the speed and physicality of our game.” All in all, junior guard Haley Texada said she believes this team carries great potential. “I’d say we are a bit more confident not only because of the people we have coming in, but also because of the returners,” Texada said. “Last year we had to step up and play a lot of roles but we gained a lot of experience on the court. Also, the height that the players coming in have — it is nice to have. I’d say we are comfortable, relaxed, not as worried about having seven players playing. Now we have 13, so that is good.”

MILITARY | Important to remember the fallen

Continued from page 1

place where the student goes that the friends are the same, the teachers are the same and the routine is the same,” Olson said. “A lot of kids really thrive in this environment and can function, even though there are some really significant things happening outside of here.” Olson said that the school doesn’t help just the students get through major events that happen to military families. They provide advice and assistance too. “I think families see us more as a resource provider for lots of things,” Olson said. “So if there’s something going on at home they often come to us and ask us, ‘How can we address this?’” Olson said that she gets a lot of questions from parents about a variety of topics. This often includes families who don’t have a lot of other family nearby, such is the case with many military families. “If their immediate family is going through a challenging situation like a death in the family or some other event, they really don’t have grandparents and cousins locally to lean on,” Olson said. “So, sometimes we can kind of help fill in that gap a little bit.” Courser said she talks a lot with parents as well, helping school administrators and parents stay linked as a team to help their children continue to grow mentally. Chaz Mailey, psychologist at Counseling Services, said K-State offers a variety of counseling options for students.

“We provide individual psychotherapy to students that feel like they really want to come and talk to someone about things that they’re maybe struggling with,” Mailey said. “There’s an initial consult that’s free, and then three additional sessions where there’s no cost to the student. We also

“So as long as that soldier was serving and he died, we will support that family.”

Christina Gary
lead Survivor Outreach Services coordinator for Riley Army Community Services

offer group therapy, which is nice because it’s kind of a way to begin finding out more about how you interact with others in sort of an interpersonal setting.” Still, there are times when families lose their active-duty soldier due to combat events or off-duty accidents. Sally Sowell, director of the Soldier and Family Assistance Center at Fort Riley, said Fort Riley has a Survivor Outreach Services program that becomes a useful resource for military families in instances like these. Two coordinators work with families of deceased soldiers to take care of any needs the families may have.

“Every large installation has an SOS program to help with that,” Sowell said. “That’s the only thing they do.” Christina Gary, lead Survivor Outreach Services coordinator for Fort Riley’s Army Community Services, said the SOS program provides long term support for families of fallen soldiers, whether the soldiers died in combat situations, off-duty accidents such as driving to work or in suicide and homicide situations. “We don’t just limit our services to ‘Killed In Action,’” Gary said. “So as long as that soldier was serving and he died, we will support that family.” Gary said that among the support SOS provides are programs, such as financial counseling, to help keep families from being preyed upon. Once life insurance benefits are paid, often into the hundreds of thousands of dollars, military families are particularly vulnerable. According to Gary, the SOS program provides counseling free of charge to them, and counselors are not paid any extra based on counseling they provide. SOS also occasionally refers families to outside programs such as Snowball Express, a program that allows children who have lost parents to connect with one another. Gary said the most important thing the public can do in times when a family has lost a soldier is to simply remember the fallen person. “Don’t be afraid to talk about that loss, because they just want their soldiers remembered,” Gary said. “Don’t forget about the impact that these dead have put upon our country. They don’t want to be forgotten.”

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By Dave Green

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7			8			7		2
	1						6	9
	5						2	
2	3						8	
		6				3		
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Difficulty Level ★★★

9/15

Answer to the last Sudoku.

6	3	9	7	4	2	1	8	5
4	1	5	8	6	9	2	7	3
2	7	8	5	1	3	9	6	4
7	8	3	6	9	4	5	1	2
1	5	4	3	2	7	8	9	6
9	2	6	1	8	5	3	4	7
3	4	1	9	5	6	7	2	8
8	6	7	2	3	1	4	5	9
5	9	2	4	7	8	6	3	1

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9/14

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Trendy gluten-free lifestyle has benefits, challenges



Kramer dining center provides gluten free food to students who are allergic to gluten.

Minh Mac | Collegian

Abigail Buser
contributing writer

Since the publication of Dr. William Davis' "Wheat Belly" and endorsements from celebrities like Miley Cyrus, being gluten free has become a health phenomenon. More and more people are deciding to give up gluten, whether or not they actually have to.

"Wheat Belly," released in 2011, discusses the gluten-free diet as the best way to lose weight, saying wheat causes negative health effects for most people. Since being released, the book has been at the top of the New York Times Bestseller list and ignited a new diet craze. Many celebrities have come out since the book's debut as well, in support of the diet fad. Miley Cyrus, Gwyneth Paltrow and Elisabeth Hasselbeck are just a few who have chosen to live gluten-free lives, making it even more of a trend.

Many people think that by completely dropping gluten from their diet they will be not only be healthier overall, but also lose weight in the process. While both "Wheat Belly" and celebrities are preaching the diet trend, it is important to note that gluten is a healthy protein for people who aren't intolerant.

"It is a great protein source, and the more protein you get in

your diet the better," Elizabeth Clark, senior in food science, said. "Some people can't have that source of protein because they can't tolerate it."

Jessica Levering, junior in kinesiology and pre-physical therapy, is intolerant to gluten. She said when she eliminated wheat products from her diet, the migraines she used to suffer from ceased.

"I feel less bloated, and do not get the uncomfortable feeling that I overate following a meal as I used to," Levering said.

The symptoms of gluten intolerance and celiac disease can vary vastly, making them hard to diagnose. Anything from simple symptoms like migraines and bloating, to more severe symptoms like anemia can fit the description. Because the protein damages the small intestine, it eventually leads to malabsorption. Eating gluten is detrimental to the health of people with celiac disease or gluten intolerance.

Yet, as more people are now gluten-free by choice, many may not realize just what gluten is or what it is in. Reading ingredient labels is key, but so is knowing what to look for on the labels.

"Sometimes gluten isn't just stated as gluten or wheat flour," Clark said.

Gluten can be found not only in wheat, but also in products

made from barley and rye. This easily eliminates most breads, cereals, cakes, cookies and pastas unless they are specifically labeled as gluten free. Even small amounts of hidden gluten, such as malt flavoring, can make a person with an intolerance sick.

Being unable to eat as much refined and processed food is one of the key reasons weight loss is connected to gluten-free diets. Weight loss is constantly being used to promote the lifestyle, but there are several more obstacles that should be acknowledged before making the jump to being gluten free.

After not eating gluten for a period of time, the body will eventually react to it as a poison. Even a trace amount of gluten, perhaps from cross-contamination, can send an intolerant person into a reaction. Some of these reactions can be mild,

such as dry mouth, or as severe as vomiting and gastrointestinal irregularity.

"It's hard when you go to restaurants," Nicole Schaum, freshman in bakery science, said.

Nicole Schaum
freshman in bakery science

She was diagnosed just three months ago and has already learned the new dangers of eating out. A seemingly safe chicken breast served in the Derby Dining Center is just one example of something that has made Schaum sick.

Eating out can become difficult because you are not watching your food be prepared. Even though some restaurants have gluten-free menus, that does not always mean the kitchen staff are educated about how to prepare a meal free of gluten. A

gluten intolerant person could wind up sick due to the kitchen using the same gloves to prepare all of the meals.

Schaum said she hopes to someday open up her own restaurant where people can avoid things like cross-contamination.

"I want to open my own restaurant for people with food allergies because I know how hard it is when you go out to eat," Schaum said.

Although Clark isn't on the diet herself, she said she is currently developing a gluten-free pizza crust in her research and development class. Not only is the pizza crust free of gluten, but it is free of all allergens as well. Clark said she got the idea to do away with the other allergens since most people with a gluten intolerance also have other allergies such as dairy and egg.

"It's not built like a normal pizza crust, so it's not going to hold together like the normal pizza crust," Clark said. "We actually have to work through those challenges to make it actually function and be acceptable to a consumer."

People like Schaum and Clark are helping to make glu-

ten-free eating safer and easier. Since eating out can be a potentially hazardous experience for someone on a gluten-free diet, it seems the most logical way to eat would be to cook meals yourself. However, this can prove to be a challenge in itself.

When a recipe calls for all-purpose flour, there is no usual substitute. It can take a combination of two or more kinds of flours in order to replicate the effect of wheat flour. Tapioca flour, rice flour and potato starches are just a few of the common flours blended together to make a substitute for wheat flour.

To be gluten free, by necessity or choice, is to be intentional about everything you put in your body. It's a constant lifestyle of being more aware about the food you eat and how it's prepared. A gluten-free lifestyle is a challenge, regardless of the reason for it.

"It's probably the hardest thing you'll ever do in your life," Schaum said.

Editor's Note: This article was completed as an assignment for a class in the A.Q. Miller School of Journalism and Mass Communications.



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